



## ***Labor Deck Dedicated to Family Centered Care***

*By JO2 Sarah Langdon*

*A woman goes into labor at 2 a.m. on a Sunday morning and as it sometimes happens in a military family, her husband is on a ship at sea. She wakes her mother who is in town for the birth of the baby, and together they head to the hospital. In the Labor and Delivery ward on the 4th floor, they find a receptionist who greets them warmly as they arrive.*

*They fill out the necessary paperwork and have a seat. In a matter of minutes a nurse comes out to greet them and takes the two of them into a triage room for evaluation. Shortly thereafter, the mother-to-be and her mother are then escorted to a dimly lit, quiet delivery room with hardwood floors and valances on the windows. They get settled, awaiting the birth of the baby. Members of the staff check on the mom-to-be and baby often, offering ice-chips and reassurance. A few hours later, the new*

***Cmdr. Denise Johnson, division officer for L&D, and Rear Adm. Thomas K. Burkhard, commander, Naval Medical Center Portsmouth, cut the ribbon at the official opening of the renovated Labor Deck.***



*mom gives birth to a healthy baby boy.*

*She takes the nurse up on his offer to bring the baby boy to the nursery so she can get a few hours*

*Continued on Page 8*

## ***Surprise Farewell for Lifetime of Dedication, Service to Navy***

*By JO1 Daniel A. Bristol*

Ronald Schnur was hanging up his hat, retiring after 34 years of civil service to the Navy. He never expected a farewell ceremony, so a retirement ceremony and award presentation was planned without his knowledge.

"You know how tough it was," explained Capt. Roberto Quinones, Naval Medical Center Portsmouth, director for administration, "to sneak something past him." Quinones even managed to get some of Schnur's family members there.

During the surprise ceremony, Schnur was given the Navy Meritorious Civilian Service Award. This award was given for the service he provided while assigned as the contact representative, Decedent Affairs office, Patient

*Continued on Page 5*



***Ronald Schnur is presented the Navy Meritorious Civilian Service Award by Rear Adm. Thomas K. Burkhard, commander, NMC Portsmouth.***

# NMCP Debuts Service Excellence Awards Display

By JO1 Daniel A. Bristol

Many faces shine down on passersby in the halls of Naval Medical Center Portsmouth, and they portray the hospital staff doing what they do, "...pursuing medical excellence," said Capt. Matthew Nathan, NMCP's executive officer.

These plaques show the recipients of the Service Excellence and Teaching Awards. According to Nathan, the awards are part of a new project to give the hospital a more academic atmosphere.

The project, given to Ms. Suad Jones, knowledge leader project manager, began as an idea just a year ago. Jones, with the idea to give the hospital a new academic atmosphere, began by visiting area educational facilities to see what they had done.

The Executive Steering Committee, headed by Jones, formed to best decide on twelve recognition awards for excellence in service and in teaching and where to display them within the hospital. "That was the easy part," said Jones, "just display it where it would get the most exposure – the busy intersection of the hospital's main hallways."



Photo by JO1 Rebecca A. Perron

**Capt. Matthew Nathan, deputy commander, Naval Medical Center Portsmouth, Suad Jones, knowledge leader project manager, left, and Jean L. Bonnette, command visual information specialist, right, stand in front of the Service Excellence Awards Display.**

Once the committee had an idea of what to do, Jones said it was time to do some "window shopping." Jones said she started by checking different companies and checking their prices. The best price she found was between \$150,000 and \$200,000.

Jones said that she was working with an idea and a need to bring it to completion with a minimal amount of cost. "The easiest way to do this," explained Jones, "was to use talent from within the command, and

that's where Jean Bonnette's talent came in handy." Bonnette is the command's visual information specialist, and with her special imaging talents, she enabled Jones to complete the displaying of the awards for under \$20,000.

Once this part of the project was complete, Jones had a chance to step back and take a look at what came from all the hard work.

"It turned out better than I  
*Continued on Page 12*

## ***The Courier***

An authorized publication of Naval Medical Center Portsmouth, 620 John Paul Jones Circle, Portsmouth, VA 23708. The Courier is published monthly by the Public Affairs Office. Be sure to check it out on the NMCP website at [www-nmcp.mar.med.navy.mil](http://www-nmcp.mar.med.navy.mil).

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The command's monthly publication provides an avenue to circulate useful information the NMCP staff has to offer and submissions are welcome. Contact the Public Affairs Office at 953-7986, Fax 953-5118, email the PAO, Lt. Jacky Fisher at [jefisher@mar.med.navy.mil](mailto:jefisher@mar.med.navy.mil). Submissions should be on a disk in text or in Word format with a paper copy attached. Photos should be a separate submission from the document and in jpeg, bitmap or tif format. Submissions will be put in the upcoming issue, space permitting. PAO is located in Bldg. One, Third Deck, Rm. 311.



# MSC Raises Money through Softball Tourney

By JOSN Christopher "Moe" Taylor

To raise money for the Medical Service Corps Ball, the MSC, Chief Petty Officers



Photo by JOSN Christopher "Moe" Taylor

Association (CPOA), Junior Enlisted Association (JEA), First Class Petty Officers Association (FCPOA) and the Nurse Corps battled it out Saturday, July 26<sup>th</sup> during a softball tournament on the newly renovated softball field.

The five-team, single-elimination tournament started early in the morning with the CPOA vying off against the MSC. In one of the closest

games of the day, the CPOA fought their way to a 9-7 victory.

The next game was a rout with the FCPOA demolishing the JEA, 19-0. Luckily for the JEA, the game was called in the fourth inning to put an end to the humiliation.

Next, the CPOA went on to beat a team scrounged up of the few nurses available and any ringers left who volunteered to play. The score for this one was 14-6.

*Continued on Page 15*

## Oceana Rescue Crews Tend to Those Injured after National Guard C-130 Makes Emergency Landing at Naval Air Station

By JOSN Christopher "Moe" Taylor



Photo by George W. Randolph  
Navy Regional Fire & Rescue Unit, Station 7

Rescue crews from the Naval Air Station Branch Medical Clinic respond to the scene of an emergency landing July 12 by a C-130 of the West Virginia Air National Guard, 167th Airlift Wing.

Thirty-nine Airmen were injured when the plane experienced unexpected turbulence. Since the plane was within 150 miles of Virginia Beach, the C-130 was routed to Oceana. The clinic declared the scene a real-life mass casualty situation.

More than 50 percent of the clinic staff arrived at the scene within 30 minutes of the initial call. Nineteen Airmen were treated and released on scene.

Seven servicemembers were transported to the clinic. Thirteen were transported to Virginia Beach General Hospital, while the most seriously injured Airman was flown via helicopter

to Sentara Norfolk General Hospital.

Four members came to NMCP for treatment after receiving treatment at other locations, and were then flown home to Martinsburg, W. Va.

Lt. Cmdr. Les Moore, officer in charge of the clinic, stated that "rapid staff response and training helped make this evolution run smooth with a very positive outcome. 🌟

## Correction

The Courier inadvertently printed a photograph of Rear Adm. Hubert J. Van Peenan, instead of Rear Adm. Joseph L. Yon, in our previous edition. The Courier apologizes for the mistake.



**Rear Adm. Joseph L. Yon (Ret.), former commanding officer and director Tidewater Naval Regional Medical Center, 1964 to 1972.**

# Local Motorcycle Clubs Bring ‘Christmas in July’

By JO1 Rebecca A. Perron

The sights and sounds of Christmas rolled through the halls of Naval Medical Center Portsmouth July 27, as volunteers from local motorcycle associations sang “Jingle Bells,” while accompanying Santa to the Pediatrics Ward.

Coordinating their visits with the NMCP American Red Cross office, members of the Rolling Thunder have visited NMCP in December ever since opening their local chapter five years ago. With the help of members of the Blue Knights, American Cruisers and Christian Riders Motorcycle Club, they distribute presents to the children hospitalized in the Pediatrics Ward and Pediatric Intensive Care Unit.

Two years ago, the Rolling Thunder also began sponsoring the visit in July for the kids who are here mid-way through the year

“We like to have them here twice a year,” said Sylvia Pakradooni, the American Red Cross station chair for NMCP. “So we do Christmas in July every year now. Some will bring donations, and all will bring toys.”

In past years, they have visited just the Peds and PICU wards. This year, Pakradooni asked them to visit the emergency room as

*Continued on Next Page*



Photo by JO1 Rebecca A. Perron

*Santa T visits a child hospitalized in the Pediatrics Ward, wishing him a “Merry Christmas in July,” before asking him to select his present.*

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## Medical Service Corps Celebrates 56th Anniversary

By Aveline V. Allen, Bureau of Medicine and Surgery Public Affairs

**WASHINGTON (NNS)** — The 3,200 active duty and Reserve personnel of the Medical Service Corps (MSC) will celebrate 56 years of dedicated and committed service to Navy medicine Aug. 4.

“Our highly diversified team of clinicians, scientists and administrators who make up our 32 different specialties in the Medical Service Corps continue to play a vital role in carrying out the Navy Medical Department mission of Force Health Protection,” said Rear Adm. Philip VanLandingham, director of the Medical Service Corps.

Their dedication and service have been exemplified to its highest degree during Operation Iraqi Freedom (OIF), when MSC officers from around the globe took the forefront in readiness and responsiveness when handling tragic events during this war.

“We had members directly involved in the planning and deployment efforts at all levels, including personnel on the ground in Afghanistan,” added VanLandingham. “During OIF, we were represented in the traditional roles at home, and at all levels in direct combat operations. We have personnel on the front line defending our country.”

He went on to say, “The single most enjoyable element of being the director of the MSC is the pleasure of knowing that I am serving with the most highly diversified, and professional group of individuals in Navy medicine. During my tenure as director, I have experienced exciting moments and numerous examples of MSCs performing beyond expectations, reaching new levels of professional excellence.”

MSC members are willing and able to do their part within Navy medicine to ensure the mission of readiness is achieved, whether it is at a headquarters command, medical treatment facility or within the fleet.

VanLandingham said, “Knowing the talent, leadership and commitment that we have nurtured in our Corps, I am confident that we will be strong contributors in shepherding Navy medicine to an improved future.”

# Rolling Thunder Visit Sick Children in Peds, PICU

*Continued from Previous Page*

well, splitting up the almost 100 visitors among the three areas.

"We come here to visit the sick kids," said Santa T of the Rolling Thunder, "because if they know that Santa really cares about them, then maybe they will feel better."

Santa handed out toys to 10 children in the two wards and about 15 in the emergency room. The rest of the donated toys will be kept for future patients in Peds and PICU.

"Santa really does have the greatest gig in the world," Santa T continued. "Santa gets the credit even through the others are doing all the work."

One of those "others" is Sean V. Devlin, president of the local Rolling Thunder chapter.

"It's great to be here," Devlin said. "We picked this hospital, because our focus is to keep the POW and MIA issue alive, and this is the local military hospital. We are part of the community, and we like to be active in the community. Since our work involves POW and MIA issues, it's great to give back to the military community in this way and to these kids."

To thank the motorcyclists for their efforts, the First Class Petty Officers Association provided refreshments

during the visit, which they have been doing for several years.

"They have come to depend on us to be there, especially when it's hot outside and they need a place to rest and cool off," said HM1 Luann J. Smith of the FCPOA. "This year, the galley gave us the space to host them, and we had beverages, cookies and ice cream treats for them." ❧



Photo By JO1 Rebecca A. Perron

***Santa, NMCP Red Cross associates and members of the local motorcycle groups greet a patient from the Pediatrics Ward, as they begin to deliver presents to the children hospitalized in the ward.***

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## Schnur Retires After 34 Years of Civil Service

*Continued from Page 1*

Administration, from January 1999 to September 2003.

Schnur joined the Navy in January 1953. As a Yeoman, he came to NMCP in 1956 and worked in decedent affairs. After medically retiring from the Navy, Schnur joined the civil service in 1966.

In April 1969, Schnur became the contact representative in Decedent Affairs and held that position until now.

During his tenure, Schnur assisted families in making funeral arrangements and mortuary benefits in roughly 7,000 death cases and 6,500 burials-at-sea. He assisted in burial support for John F. Kennedy, Jr. in 1999 and victims

of the *USS Cole* (DDG-67) bombing in 2000.

Quinones explained that throughout the years, Schnur was an essential part of hospital operations and one he could count on.

"I was told to call Ron Schnur, and he would help me out," said Quinones about the first time he needed Schnur's assistance. "I picked up the phone and called Ron. After that, he was always in my back pocket."

Schnur said the two key things that kept him going throughout the years were his pilot and co-pilot. He said his pilot is God, and his co-pilot is his wife, Doris.

Through an attempt to hold back the tears, Schnur explained, "I'll

miss everything that I've seen here and everyone I've met." Then with a slight pause, as he began to tear up, he simply said, "I didn't expect this."

Upon hearing this last statement, Quinones explained, "that's why we kept it a secret."

According to his award citation, Schnur's exceptional initiative, professionalism and dedication to duty reflected great credit upon himself and were in keeping with the highest traditions of the United States Naval service.

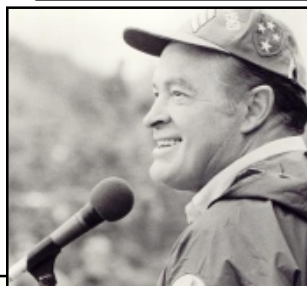
Rear Adm. Thomas Burkhard, Commander Naval Medical Center Portsmouth, summed it up by simply explaining, "his shoes will be hard to fill."



# Bob Hope: Remembering a Legend



Cited by the Guinness Book of Records as most honored entertainer in the world, Bob Hope has more than two thousand awards and citations for humanitarian and professional efforts, including 54 honorary doctorates. Bob Hope's unwavering commitment to the morale of America's servicemen and women is entertainment history, indeed, world history. Many say "legend". For nearly six decades, be the country at war or at peace, Bob, with a band of Hollywood gypsies, has traveled the globe to entertain our service men and women. The media dubbed him "America's No. 1 Soldier in Greasepaint." To the GIs, he was "G.I. Bob" and their clown hero.



## ***A Note from the Drug and Alcohol Program Advisor***

*By HMI Luann Smith*

### **Boating Under the Influence**

Across the country, since Memorial Day weekend, the summer season has been in full swing on the rivers, lakes and in the bays. This area, with its numerous waterways, is no exception, at least when the rain has let up periodically. Authorities have stepped up their attention toward boats and various wave riding vehicles.

Most anyone you talk to can tell you about a DUI, driving under the influence, and the legal limit of .08 BAC (blood alcohol content). What about BUI?

Many may not be aware of this issue and that many of the same laws apply. Convictions for BUI can include hefty fines and a mandatory boating safety course.

The number of accidents and deaths attributed to alcohol-impaired boaters has steadily risen. According to the Coast Guard, 34 percent of all boating fatalities in 2001 involved alcohol, up 8 percent from 2000.

Five hundred thirty boating injuries were alcohol related, and a drunken boater is 10 times more likely to be killed than a sober one. That likelihood multiplies by and for each additional person in the boat who is also drinking.

While most party goers who pursue recreation on the water are harmless and law-abiding, it can be that same pursuit of a good time that can turn deadly.

Usually the combination of too much sun, little to no food, and alcohol make boaters and wave riders much more susceptible to danger.

For more information, visit the national organization, Boaters Against Drunk Driving's website, [www.badd.org](http://www.badd.org). ▼

### **Rx Drug Abuse on the Rise**

**Washington** – The abuse of prescription drugs is rising and almost three million youths (ages 12-17) have abused prescription medications at one point, according to data from the Substance Abuse and Mental Health Services Administration (SAMHSA).

SAMHSA is partnering with the Food and Drug Administration on a public education campaign to raise awareness about this problem and educate people about the serious risks of abusing these treatments. The targets of this educational campaign, starting with posters, brochures and print advertisements, will be 14 to 25 year olds.

"The public needs to know that just because a medication is safe and even life-saving when used appropriately, it is not harmless if used inappropriately," said SAMHSA Administrator Charles Curie.

According to data collected by SAMHSA in 2001 as part of its National Household Survey on Drug Abuse, about 15 percent of 18 and 19 year olds used prescription drugs for non-medical reasons in the past year. That figure was about 7.9 percent for youths aged 12 to 17, and 12.1 percent for people between 18 and 25 years old. Those surveyed report using medications like prescription pain relievers, stimulants and tranquilizers.

Emergency room visits for the abuse of prescription medications are also on the rise. According to SAMHSA's Drug Abuse Warning Network (DAWN), from 1994 to 2001, ER visits for oxycodone (a pain medication) increased by 352 percent, visits for methadone increased by 230 percent, visits for morphine increased by 210 percent, and visits for hydrocodone (prescribed for cough suppression) increased 131 percent. The use of multiple drugs was mentioned in 72 percent of the ER visits involving narcotic prescription pain medications, according to SAMHSA ▼

### **A Note from the Fleet and Family Support Center Norfolk Naval Shipyard, Portsmouth**

FFSC is hosting the following programs at the Chapel, FFSC Bldg. 67, 2nd deck at NNSY. To register for a workshop or for more information, call 396-1255. Visit [www.ffcsnorna.navy.mil](http://www.ffcsnorna.navy.mil) for a schedule of upcoming programs and services.

**Stress Management-** 16 & 17 Sep. 8 a.m. - 12 p.m. Stress is an unavoidable fact of life. Learn more about managing stress with techniques such as goal setting, time management and progressive relaxation.

**Welcome to Hampton Roads-** 12 Sep. 9 a.m. - 11 a.m. - This workshop is for singles and active duty service members and their family members who have recently moved to the Hampton Roads area. Topics include TRICARE, educational opportunities, spouse employment, Red Cross, Navy/Marine Corps Relief Society, legal services, childcare, commissary, exchange and Navy support systems.



# *New Labor Deck Delivers Better Rooms, Beds*

*Continued from Page 1*

*rest. When she wakes up, she has a meal she selected earlier from a food service menu. She and her new son spend the next 48 hours getting to know each other in their private post-partum room.*

While this used to be a far-fetched dream in today's fast-paced, clinical world of obstetric medicine, it is a reality in some of today's naval hospitals and it is a reality on the L&D and Post-Partum wards at Naval Medical Center Portsmouth.

The L&D ward celebrated the official opening of their newly renovated delivery and triage rooms with a ribbon-cutting ceremony Aug. 7., just one in a series of many improvements NMCP has made to its infant-care based wards. Rear. Adm. Thomas K. Burkhard, commander, NMCP and Cmdr. Denise Johnson, division officer for L&D, cut the ribbon.

"Four thousand babies are delivered at Portsmouth," said Capt Alan Shapiro, resident director of the Women's Health Clinic. "If you look at the Tidewater area, we have the highest concentration of active duty servicemembers in the world and we deliver more babies than any other DoD facility."

The staff on the Labor Deck, Post-Partum Ward, OB-GYN Clinics and those in Facilities Management have worked very hard over the past couple of years to improve the care and experience of all their patients from new moms and dads, their babies and even relatives and friends. Changes in the layout and design of the ward, room renovations, equipment upgrades, customer service changes and procedure modifications have all been worked and reworked to make each delivery at NMCP the best it can possibly be for all involved.

The idea to renovate the L&D ward came shortly after the Charette Healthcare Center Building, also known

as Building Two, was built.

"Building Two opened in 1999, and the staff recognized almost immediately that there was room for improvement [in the design of rooms and floor]," said Capt. (Sel) Frederick Guyer, service line leader for Children and Women's Health. "There was a sketch drawn up for redesign, but it ended up in the back of a drawer. Later on, the Surgeon General pushed the initiative to do whatever we needed to improve care to our patients.

"He basically said, 'tell us what you need,'" Guyer

explained. "At the same time, Facilities was looking to redo the rooms anyway. They were going to redecorate the walls. The time was right. Somebody found that sketch, which Facilities took seriously and turned into a real design. That was about 18 months ago."

The final renovations

included more triage rooms. The Labor Deck expanded from five private/semi-private triage rooms to seven private triage rooms. In addition, the labor and delivery rooms themselves were redone to make them more appealing, including new window and parquet wood flooring. Each room is equipped with brand new beds that change to accommodate the patient as she transitions from labor to actual delivery. In the waiting room, a new reception window is staffed 24 hours a day, where patients check in and are triaged accordingly.

"We have a unique ability to care for our beneficiaries," stated Johnson. "We know what it's like to deploy, and we know what it's like to have a baby

*Continued on Next Page*



Photo by JO2 Sarah Langdoh

***Rooms Two and Three on the Labor Deck feature new window treatments, parquet hardwood floors and new beds that can easily be broken down to accommodate the various phases of labor.***



# ***L&D Sports New Equipment, Remote Monitoring***

*Continued from previous page*

with the father deployed. We definitely have more ownership here than you're going to get on the outside. We really want to emphasize the kind of family care you can get here. Nowhere else can families get that kind of care, but from your military family."

Another way the Labor Deck has improved the care of their patients is through a high-tech equipment upgrade on their fetal monitoring system, located at the nurse's station on the floor. The fetal monitoring system tracks the baby's heart rate, among other vital signs, and is critical to catching an infant in distress. The new system allows the staff to monitor remotely. If a woman is put on bed rest, she can stay on one of the other nursing wards and the staff on the Labor Deck will still be able to monitor the condition of she and her baby from the L&D nurse's station.

NMCP is one of three medical centers in the Hampton Roads region that has its own Level Three neonatal intensive care unit. Level One accommodates healthy premature infants, Level Two is for those who are moderately sick and Level Three allows the center to provide for infants needing full neonatal intensive medical care. The NICU, as it's called, is staffed with five neonatologists and can accommodate up to 22 infants. This allows most infants needing intensive care or monitoring to stay in-house as opposed to being sent out for care to civilian facilities.

However, the effort to improve patient care doesn't stop there. The L&D Ward is now using electronic medical records. Under this system, information from the patient's medical record is entered into a database easily accessible by medical staff at any time, day or night.

"This allows us access to all patient records 24 hours a day," said Johnson. "We can better evaluate and treat our patients when we can see what's in their medical record. It comes in very handy during the patient's post-partum care."

Another change has to do with ultrasounds. In the past, ultrasounds were only performed when there was a possibility of a complication with the baby.

"We have listened to our patients," Shapiro stated. "This is a first class facility. We agreed that every patient would receive an ultrasound at their 20th week. Every expectant mom will get an initial screening to check limbs and look for any abnormalities with the fetus."



Photo by JO2 Sarah Langdon

***Capt. Katherine Marko, Director for Clinical Support Services, Lt. j.g. Susan Tillmon, Post-Partum and Lt. Carla Little, Post-Partum, take a look at the newly renovated rooms.***

"To continue our goal of family centered care," Johnson added, "we want to encourage spouses or family members, within reason, to come to the ultrasound appointment and to be there during the labor and delivery. We have the ability to give them quality care and we want them to feel that this is the place to come. We've also developed a continuity of care through a team approach. Most women will be able to see the same one or two providers for their appointments throughout their pregnancy through delivery."

These are just a few of the changes and improvements the Women's Health Department has put into effect to improve the quality of care for all their patients and family members. The staff in OB, the Labor Deck and Post-Partum Ward are dedicated to providing the best care to their patients from the early stages of mom-to-be's pregnancy to the moment she delivers on the fourth floor and until the day she and baby leave NMCP. ♡

# Pediatrician's Path Not Always an Easy One

*Story and Photo by JO1 Daniel A. Bristol*

From snake bites in the jungle to hypothermia atop a mountain to pistol and rifle training and finally, to keeping track of children's vital signs in a hallway lined with Snoopy and the Rug Rats . . . is this the normal path of a pediatrician climbing the ladder of success? It could be if that pediatrician was in the Navy.

Lt. Wade R. Travis, a graduate of Malakoff High School, Malakoff, Texas, began his journey to becoming a pediatrician at Trinity Valley Community College Athens, Texas, where he studied biochemistry for one year. Travis transferred to Texas A & M University where he earned his Bachelors of Science degree in Biochemistry.

Upon completion of his under graduate studies, Travis met with a Navy recruiter and signed up for the Health Practitioner Scholarship Program. Through this program, his road was paved, financially, to attend medical school. In 1997, Travis graduated from Baylor College of Medicine, Houston, Texas, with a medical degree.

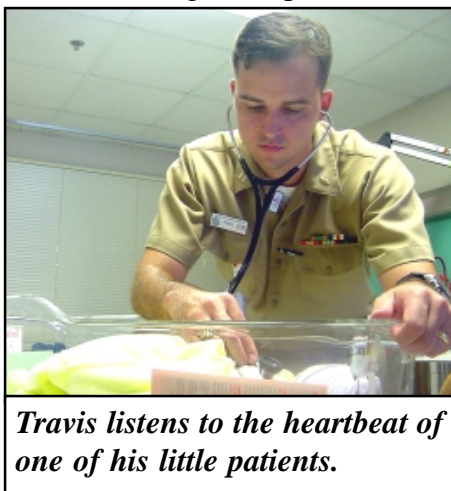
So far, it was a normal career path to travel for someone to become a doctor, but Travis' journey was about to take a slight detour. Travis went to the University of Texas, Houston, where he did a one-year tour of a transitional internship as a general medical officer.

Now ahead of Travis, there is the uncharted territory. In the fall of '98, Travis deployed with the Second Marine Division for a training session in Turkey called "Dynamic Mix '98." This exercise involved operations and weapons training.

Once he was finished in Turkey, Travis returned to Bridgeport, Calif., to begin his mountain warfare training. This training included triage and treatment of hypothermia and various illnesses relating to altitude and trench foot. Travis also completed his small arms training for both the pistol and the M16 rifle while in California.

During his time with the Marines, this Sailor hit his high point and his low point, literally. Travis landed in the jungle and climbed the mountains of training when he deployed with the Marines to Okinawa, Japan, for six months of jungle warfare and weapons

training with the First Battalion Second Marines, which took place on Mount Fuji. While in the jungle, Travis dabbled in triage and treatment of various medical conditions often encountered in similar environments. There he dealt with snake bites, insect bites, bamboo injuries and trench foot. He was a member of the first response medical team for the battalion.



*Travis listens to the heartbeat of one of his little patients.*

"When you are sent to a remote location like that," said Travis, "you are working independently without any support." He said that part of working under these conditions is being able to set up a forward aid station, which will become the medical facility.

"The forward aid station requires enough supplies to sustain you sufficiently, while taking care of your patients." He said that when you are out in the field you

have to be ready for any situation. That includes having enough supplies to treat every type of injury, no matter how exotic.

Travis deployed for Combined Arms Exercises (CAX) training in the winter of 1999 in Twentynine Palms, Calif.

After leaving California, Travis packed his bags and headed to the East Coast. He landed with a Marine battalion in Camp Lejeune, N.C. He spent two years there and then went on to Naval Air Station, Brunswick, Maine. There he served as the general medical officer for another two-year tour.

"My jungle and mountain warfare training taught me a couple of things," explained Travis. "It developed my independent decision-making ability relating to medical treatment and triage as we were working from remote locations. It forced me to learn to deliver medical care with minimal supplies or equipment.

"This kind of environment develops your clinical skills," said Travis, "and it builds confidence, which has helped in my current practice."

After his tour in Maine, Travis began his current residency as a pediatrician at Naval Medical Center Portsmouth. Travis is currently in his second year as a pediatric resident. In August, the Navy will advance Travis to the paygrade of lieutenant commander.



# *A Note from Pastoral Care: Prayer and Physical Health*

By Capt. Jerry K. Shields, CHC, USN

"Padre, get over here and give me a prayer before they wheel me into the operating room." These were the words I heard one morning as I was walking through the pre-op room as the Duty Chaplain. He was a retired Navy Chief who was having same-day surgery. I went over to him and said this prayer:

"Lord, you are the great Physician and Comforter. We would be honored if you would go into the operating room with this patient and his surgeon. Bless this man with the courage of his faith, and bless the doctor and nurses with compassion and confidence in their professional skills as a gift from God in the process of creation. We pray in the hope and grace of our loving Lord. Amen."

By the very fact that the patient's wish was granted, and his desire for prayer was respected and fulfilled, demonstrated that both the medical staff and the chaplain did not underestimate the effect that prayer can have on his surgery and recovery. It demonstrated the holistic concept of mental, physical and spiritual health.

For just a few seconds at the beginning of every day the Senate and House of Representatives begin their sessions with prayers. Chaplains begin change of command and retirement ceremonies with prayers that remind us of who we are as a people and a nation of faith. We Chaplains say a lot of prayers for our military personnel and their families. There is a daily prayer sheet in the Meditation Chapel on the third floor of Charette

in which people name the prayers they want God to hear. We honor these prayers and give them a place in our daily prayers.

Is there a connection between prayer and physical health? Does prayer make a difference in the healing process of a patient? Some say 'yes' and others say 'no'. There is a third group that answers 'maybe'.

It seems difficult to qualitatively measure the affect of a dimension of the metaphysical (prayer) upon the physical (body) aspect of life. Is this comparing apples and oranges? This question reminds me of the on-going controversy about the relationship between religion and science.

When one begins to do research on this issue there are lots of books, journals and studies conducted and printed by professional medical and psychiatric doctors, as well as clergy, affirming that there is a correlation between prayer and physical health.

One of the most notable doctors doing research and writing on this issue is Dr. Harold G. Koenig, Associate Professor of Psychiatry and Behavioral Sciences at Duke University and Director of Duke University's Center for the Study of Religion/Spirituality and Health. In his book, *Is Religion Good for Your Health*, he writes: "Private religious activities, such as prayer and scripture reading, are associated with greater well-being, greater life satisfaction, less death anxiety, and lower rates of alcoholism and drug abuse." He goes to say that "Intercessory prayer has been shown

to result in lower cardiovascular complications following admission to a coronary care unit."

In another book he wrote, *The Healing Power of Faith*, Koenig writes "heart patients who were prayed for suffered significantly fewer complications than those who received no prayer. Patients who were prayed for were five times less likely to require antibiotics for infections (a sign of good immune response), two and a half times less likely to suffer congestive heart failure, and had a significantly lower risk of sudden cardiac arrest."

Herbert Benson, M.D., Associate Professor of Medicine at Harvard Medical School and founder of the Mind/Body Medical Institute, writes in his book, *Timeless Healing: The Power and Biology of Belief*. "For many reasons, religious activity is also healthy...and prayer, in particular, appears to be therapeutic, the specifics of which science will continue to explore."

In the *Journal of Religion and Health*, Vol.33, No.3, Fall 1994, an article written by Paul N. Duckro and Philip R. Magaletta entitled, *The Effect of Prayer on Physical Health: Experimental Evidence*, examines the difficulty of providing empirical evidence through scientific studies to determine the effect of prayer on our physical health, but they contend that "the techniques and tools of science must yield to the sometimes paradoxical and mysterious nature of prayer...The experience of the individual, rather

*Continued on Next Page*

# Talent, Creativity Inspire Excellence Awards

*Continued from Page 2*

thought it would,” said Jones. “It ended up being exactly what Capt. Nathan wanted.”

“It is wonderful,” explained Nathan, “to see an idea taken by a group of professionals and use their talents and creativeness and bring it to fruition.”

Nathan said that some of

the other aspects of this project are to update the website and publish a newsletter to be made available to past and present hospital staff.

Nathan said that with the implementation of this project the hospital is in the league with any one of the area’s medical facilities.

“I think that the displays,”

boasted Nathan, “do a wonderful job of letting staff and patients know the quality and caliber of the work we do.”

Though there are many parts of this project taking form, Nathan said the committee is always looking for new ideas from anyone at the command on how to display the hospital staff’s excellence.

**Teaching Service Awards:** Anesthesiology Teacher of the Year, Emergency Medicine Teaching Staff Award, Internal Medicine Teacher of the Year, Obstetrics and Gynecology Excellence in Resident Education, Orthopedics Reinert Award, Otolaryngology Faculty of the Year, Pediatrics Teacher of the Year, Psychology Teacher of the Year, Resident Award for Outstanding Attending, Surgery Attending of the Year, Transitional Intern Teacher of the Year, Outstanding Surgical Faculty, and the House Staff Attending of the Year.

**Excellence in Service Awards:** breast clinic, radiology, dermatology, pulmonary clinic, social work, rheumatology, neurosurgery, command career counseling, ophthalmology, medical boards, awards boards and family practice.

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## Pastoral Care: Prayer Plays Important Role in Our Physical Health

*Continued from Previous Page*

than direct empirical evidence, remains the foundation for practice and belief concerning prayer and health.”

These studies, and many more, provide a stimulating forum and foundation for the empirical study of prayer. The experimental study of prayer, seeking to demon-

strate its direct effects, is definitely more challenging, but it opens doors for the theologians and religious leaders to dialogue with scientists and be informed by each other. Scientists today are more appreciative of their limits and willing to explore new frontiers of how the metaphysical dynamics of prayer effect our

physical bodies. The association of religious faith and physical health has grown closer and stronger through these studies and relationships.

In conclusion, I leave you with one of my favorite bumper stickers: Life is fragile—handle with prayer.

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### *Congratulations to the Nurse of the Quarter*

*Senior Nurse of the Quarter*

*Lt. Sean Convoy, Behavioral Care Services*

*Junior Nurse of the Quarter*

*Lt. j.g. Jacqueline Wimmiams, 4J Oncology*

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### *Congratulations to the Medical Service Corps of the Quarter*

*Lt. Raymond M. Bristol, division head for  
Plans, Operations and Medical Intelligence*



## NMCP Red Cross Recognizes Junior Red Cross Volunteers

*Junior Red Cross volunteers gathered for a graduation ceremony Aug. 13 in the Internal Medicine conference room.*

*Capt. Roberto Quinones, director for administration, JoAnn Miller, American Red Cross station manager for Naval*

*Medical Center Portsmouth, and Sylvia Pakradooni, station chair, were on hand to thank the group for their hard work and the help they provided to the hospital.*

*Every summer, the Red Cross volunteer staff at NMCP is beefed up with dedicated volunteers from the surrounding area. This summer, about 50 junior volunteers -- all high school students -- worked at NMCP for the duration of their vacation. They split up into four teams and spent their summer days working in clinics and wards throughout the hospital, assisting with administrative work, cleaning bedpans and transporting patients throughout the facility.*

*Each volunteer received Basic Life Support training and their BLS card as part of their training, just prior to the start of their volunteer service in the hospital. Since June, the junior Red Cross volunteers logged 2,100 hours total.*



Photo by JO2 Sarah Langdon

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## Lt. Cmdr. King Receives Top Resident Instructor Award



*After gathering for a post-graduation class photo July 29, the 2003 Class of the Uniformed Services University Sciences at Naval Medical Center Portsmouth presents Lt. Cmdr. Brian King, right, of the General Surgery Department at NMCP, with the Top Resident Instructor Award. Lt. Michael J. Perry, left, initially accepted the award on King's behalf at the graduation ceremony held in May.*

Photo By JO1 Rebecca A. Perron

# NMCP Doctor Wins National Award for Sports Medicine Research

By JO1 Rebecca A. Perron

Adding to his collection of awards received for orthopaedic-related research, Lt. Cmdr. Jon K. Sekiya received the Cabaud Memorial Award July 20 at the annual meeting of the American Orthopaedic Society for Sports Medicine held in San Diego.

Sekiya is the bone and joint research coordinator and a sports medicine staff physician for the Orthopaedic Surgery Department at Naval Medical Center Portsmouth.

"The award is a pretty big honor," Sekiya said. "I competed against physicians across the country, even against previous mentors from Michigan and Pittsburgh. For the Navy, this award really put the light on our program. We can be at the forefront of (sports medicine) research here."

Every year, the AOSSM recognizes individuals who have made significant contributions to orthopaedic sports medicine. The Cabaud Memorial Award, named in honor of H. Edward Cabaud, is a national award presented to the most outstanding research in the field of Sports Medicine and Orthopedics. This is the first time this award has been presented to a military doctor since its introduction in 1986.

For winning the award, Sekiya, 34, received an award plaque and a \$500 honorarium, which he used to offset the cost of the trip to San Diego, and presented the paper during the AOSSM annual meeting. The manuscript will also be considered for publication in *The American Journal of Sports Medicine*.

Sekiya conducted the research that went into the manuscript while completing a one-year fellowship at the University of Pittsburgh's Sport Medicine and Shoulder Fellow Center for Sports Medicine. The research and manuscript, titled "Biomechanical analysis of a double-bundle posterior cruciate ligament and posterolateral corner reconstruction" was completed with the help of four other physicians also in the fellowship

program.

"We started the research in December 2001 and completed the project over a course of 17 weeks," Sekiya explained. "My team had clinic and OR every day (during the work week), so we would work from 5 a.m. until midnight every Saturday. Sometimes we had to test on Sundays if we ran into a problem the day before."

The purpose of the study was to assess the ability to restore normal knee functions after tendons and ligaments sustained damage. Five knee conditions were tested among 10 fresh frozen human cadaveric knees using a robotic system that delivered various loads of pressure to tear tendons and ligaments. The tendons and ligaments were then reattached in surgery. Post-surgery testing of the knee functions was compared to pre-testing functions to determine how effective the surgery methods were.



"It has always been my goal, even before winning this award, to go into research full time," Sekiya said, "and to improve how we, as physicians, do sports medicine. I want to help change practice patterns."

Aside from this research project while at the University of Pittsburgh, Sekiya assisted in the care of local sports teams.

"I helped take care of the Pittsburgh Steelers and University of Pittsburgh varsity teams," said the Honolulu native. "The experience was really helpful. They were wonderful

teams."

Sekiya also treated the varsity teams for the University of Michigan for the 1999 to 2001 seasons, while completing a residency program there in Orthopaedic Surgery from 1996 to 2001.

Sekiya's residency program at Michigan followed medical school at Bowman Gray/Wake Forest University School of Medicine in Winston-Salem, N.C., where he graduated in 1996. Following Michigan, he applied for the Naval Active Duty Delay for Specialists Program, where he was accepted to the program at Pittsburgh from July 2001 to July 2002.

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## Sekiya Recognized by AOSSM for Reconstructive Knee Research

*Continued from Previous Page*

August marked the beginning of his active duty obligation, and the marriage to Jennie, a nurse now working in the local area, who he met at Michigan.

Commissioned an ensign in 1993, Sekiya has conducted numerous research projects throughout the years, resulting in dozens of papers, awards and personal presentations.

"I have had more than 30 journal articles published in either magazines or as chapters in books," Sekiya said. "I have received awards for 10 papers. I currently have more than 20 such articles in progress now, some already accepted for print, others still in the writing and research stage."

Sekiya's other recent awards include four awards received in March from the 18<sup>th</sup> Annual Naval Medical Center Research Competition, where he swept the category for Sports Medicine. These awards were for Best Oral Presentation for Research Conducted at NMCP, Best Oral Presentation for Research Conducted at a Facility Outside NMCP, Best Overall Poster Presentation and the Military Readiness Award.

After deploying with Fleet Hospital 15 earlier

this year, Sekiya returned a few weeks before the remainder of his unit to present five research papers at the annual meeting of the Arthroscopy Association of North America in Phoenix. Sekiya had received the Resident/Fellow Clinic Essay award from the same association in 1999.

Besides being the research coordinator here, Sekiya is the team physician and orthopaedic surgeon for the Naval Special Warfare Development Group in Virginia Beach. He sees 35 patients per week since assuming the job in September.

"I really like my job here," Sekiya added. "I loved working at Michigan, too. They want me to come back and work with sports medicine (when my active duty obligation is fulfilled)."

Sekiya said he would start weighing his options in 2005. "I love the Navy. But if I do decide to get out, I will stay in the active reserves."

In the meantime, Sekiya will do what he loves most—tend to the two research projects he is currently working on and the six he has planned for the future. 🌟

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## Softball Tournament Raises \$500 for MSC Ball; CPOA Wins

*Continued from Page 3*



Photo by JOSH Christopher "Moe" Taylor

***HMC Cherie Snaza, special assistant, Director for Administration, shows off the black eye she received successfully guarding the plate against Lt. Cipriano Pineda, emergency manager, in the CPOA's victory over the MSC.***

Then, for the final game of the day to decide who got the trophy, the two top seeds went up against each other. The CPOA vs. the FCPOA. This one was a nail-biter, but in the end, the FCPOA managed to topple the CPOA 14-12.

Lt. Brad Karovic, the organizer of the event was happy with the way things went, "Everything's going good, we've got about a hundred people here today, we're raising some money for the ball, everyone's having a good time," said Karovic, shortly after the event kicked off.

The money raised came from selling food at the grill and a small entrance fee charged for each of the teams. At the end of the day, the MSC raked in over \$500 for their efforts.

The tournament was the first ever to be played on the new field and Karovic said he wanted to make sure to give thanks to the man responsible for making things happen.

"I want to make sure we put out a special thank you to the Morale, Welfare and Recreation Director, Bill Monell. None of this would have been possible without his work on the field," he said.

# Congratulations

## Navy and Marine Corps Commendation Medals

Cmdr. Anne B. Hone  
Lt. Cmdr. Un-kyong S. Archer  
Lt. John P. Murphy  
Lt. Cmdr. Hilary V. Wong  
HMC(SW) Peter D. Abais  
HMC(FMF) Sequiel M. Agustin  
HMC(SW) Christopher P. Gainous  
HM1 Peggy L. Baker  
RPI(SW/IUSS) Mary J. Brown  
HMI(SW/AW) Sharon R. Calmese  
HM2(SW) Steve K. Ramlogan

## Navy and Marine Corps Achievement Medals

Lt. Cmdr. Terry M. Anderson  
Lt. Cmdr. Ricky L. Van Way  
Lt. Ronniemay P. Barker  
Lt. Anthony V. Beer  
Lt. Lori-ann Futerman  
Lt. Cheryl C. Ringer  
Lt. J.g. Philip A. Boyer  
Lt. J.g. Brent N. Casady  
Lt. J.g. Charim N. Richards  
HMC(SW) Jonas V. Rallos  
MM1(SW) Mark A. Severance  
HM2 Collette Allen  
HM2 Martin D. Bunko  
MS2(SW) Lamarr R. Coles

HM2(FMF) Ricardo Dyer  
HM2 Kevin S. Harris  
SK2(SW) Nilda M. Martinez  
HM2 Hollie L. Rinschler  
HM2 Tonya L. Torres  
HM2(SW/SS/FMF) Brent C. Turner  
HM2 Michelle R. Walsh  
HM3 Frank B. Addai  
HM3 Stephanie A. Bashaw  
HM3 Steve L. Cruz  
HM3 Darnius D. Nembhart  
HM3 Paola Ortizvazquez  
HM3 Erica D. Ridgeway  
HM3 Donna C. Sanderson  
HM3 Felecia A. Wilson  
HN Stacy M. Raysor  
HN Michael R. Rodriguez

## Meritorious Service Medal

Capt. Walter L. Melvin  
Cmdr. Carolyn K. Andreno  
Cmdr. Richard R. Bosco  
Cmdr. Peter E. Kopacz  
Cmdr. Judi J. Roger

## Certificate of Commendation

HM1 Robert Gibson  
HM2 Michael Kautzman  
HM3 Erwin Deguia  
HA Marshia D. Horton

## Letters Of Commendation

HM2 Christina M. Davis  
HM2 Barbara A. Dicroce  
HM2 Andrew D. Elliott  
HM3 Edward Cornelius  
HM3 Jose M. Rodriguez  
HM3 Remirose B. Tibbitt  
HN Jason Aguilar  
HNTodd A. Burkholder  
HNDavid A. Clark  
HNFelix Colon  
HN Alfredo A. Garcia  
HNLaura M. Garcia  
HN Marshia D. Horton  
HNRichard A. Joy  
HN Katherine Newbill  
HN Wakisha Wallace

## Navy Meritorious Civilian Service Award

Diane Hasty  
Ronald Schnur

## Military Outstanding Volunteer Service Medal

HMC(SW/FMF) David L. West

## Army Commendation Medal

Lt. Cmdr. Elizabeth Brumfield



Photo by JOSN Christopher "Moe" Taylor

## Girl Scouts Visit NICU

*Girl Scouts from troops 108,905 and 302 from the Hampton Roads area visited the Neonatal Intensive Care Unit Aug. 11, to see babies using knitted blankets they had previously made and donated to the hospital.*